

# Short Story - The Power of Abs

"Today we will train abs."

Ghyslaine announced in front Eris and me.

The location was indoors, in a room otherwise used as a dance hall.

Usually, Ghyslaine would make her students swing swords through rain or hail, but today's was a thunderstorm for the ages, so even we were forced to train inside.

"For this set, you need to form into pairs. Rudeus, come over here. Eris, watch carefully."

In this world, paired sit up type of training also exists.

Ghyslaine sat down with her knees bent and had me held down her feet.

Those brown abs and twin ample peaks filled my sight.

Say, her steel toned calves were certainly not to be trifled with. Firm, but flexible, yet overly stiff. Are these the legs of a true carnivore? I'm no expert of carnivores, but these certainly would fit the bill.

If I train properly, could mine ever reach her level?

"The person lying down puts her hands behind her head, and lift her head up like this."

Ghyslaine performed a sit up to demonstrate.

Her 6 abdominal muscles glistened before my eyes.

"Get it, Rudeus?"

"Yes... They're truly.... wonderful..."

Her sit ups were indeed beautiful to behold.

Elevating her upper body in one smooth motion, then brought back down with an equal grace.

Not a sudden flexing of the abs, a reactionary use of force like some amateur.

Rather, an expert's use of constant resistance to train the abs.

How could a simple set of sit up be so magical?

That's the power of the abs.

Ghyslaine's well toned abs were like a set of industrial cranes, strong and steady as they lifted her upper body, yet gentle and careful as they brought it back down.

Marvelous abs.

Although a set of towering peaks rose just above those abs that would quiver from every motion, equally magnificent to behold, so mesmerized was I that they failed to distract me.

I want them abs. Certainly, all men would thought the same? Those sacrosanct pinnacle of muscles.

Right there before my eyes.

"You know what to do now right? Alright, Eris goes first."

"I understand."

"Rudeus helps hold her down. That way, even when I'm not around, you two can alternate and help each other train your abs."

After that explanation, Ghyslaine stood back up.

So long, abs.

If I train properly, would I have abs like those? In other words, to have well honed abs like those, I must start working at it right away.

"You better hold me down properly!"

"Yes, yes."

Eris replaced Ghislaine. Almost as to kick my belly she shoved herself in.

I held her feet.

Compared to Ghislaine, they're mere slime.

Well trained for her age, just a world's apart compared to Ghislaine's.

Of course, not all women should be Ghislaine, so Eris was fine the way she is.

"Alright, I'm starting."

"Okay, go ahead."

Eris began her reps.

It's only natural given the circumstance, but her sit ups were certainly amateur. A fit of strength at the beginning, rushing towards me as if to headbutt. Then just as quickly landing back down. Could she even properly train her abs like this? If that's how she always done it, what good would come of this?

But after around fifty reps, I had a slight change of thought.

Eris' sit ups did not slow.

Because of how chubby I was in my previous life, I knew well.. that without training your abdominal muscles, there's no way to keep up this pace over twenty reps.

And Eris wasn't even catching her breath. This must be the result of her training.

Perhaps she already had a six pack?

No, even if not six, at least a couple or four...

"..."

Eris was wearing a loose garment for training, but unlike Ghislaine, her belly wasn't showing.

I couldn't see her abs.

What can I do to confirm my suspicions?

Is there a method in which to confirm... the unobservable?

... Why, of course, I just need to get a rub.

"Excuse me."

"Eek!"

I extended my hand under Eris' hems, in search of her abdominal muscle.

Her skin, warm to touch from exercise, layered with a thin coat of fat, I outlined the recesses of her muscles... one... two...

"Where are you touching!"

In the next moment, Eris lifted her upper body with incredible speed, headbutting me.

So hard she hit, I suspected that my face caved in.

Why was Eris' headbutt so powerful?

Ah, the power of abs! Like a set of electric winch, its massive torque torpedoed the weights of her head and upper body. Only with strength could one accomplish a move like that.

In conclusion, Eris also own an impressive set of abs.

Without needing a handful, I understood now... was my final thoughts, as my conscious faded.

# Translator's Notes and References